PICOT Statement

Name

Affiliation

Date

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The PICOT statement for this project is to find out the effect of playing music on decreasing anxiety, compared with the quiet environment within one hour before surgery, in preoperative surgery. The patient population or problem in this PICOT statement is anxiety among preoperative patients. The intervention is music therapy, which is compared to the quiet environment and the expected outcome is decrease in anxiety. The time is one hour before surgery. The purpose of this paper is to identify the role of the music therapy on the anxiety of the preoperative patients, as compared to the quiet environment on decreasing the anxiety, within one hour before the surgery.

It is a very common phenomenon that the patients waiting for surgical treatment become nervous and develop anxiety, which not only impacts the surgery, as the recovery of the patients. Cooke, Chaboyer, Schluter, and Hiratos (2005) have mentioned in their research article that the patient who had to undergo anesthesia for the purpose of getting surgery seemed under pressure and nervous, which became an important reason of anxiety. The evidence-based solution applied to the scenario was letting the patients listen to the music of their choice, which made them relaxed and prepare them for the surgery as well (Labrague, & McEnroe-Petitte, 2016).

The nursing intervention in the case of preoperative anxiety is to play the music in the surgery waiting rooms. The patients can be allowed to select a list of their own choice, which would calm them down. The research has shown that the patients kept in the surgery waiting rooms, having the background music were more calm and relaxed as compared to the patients who spent their time in the waiting rooms without the background music (Thompson, Moe, & Lewis, 2014).

Patient care is the most basic and important purpose of the healthcare system. It is quite natural for patients to become nervous and develops anxiety before undergoing the surgical process. They become worried if the surgery would be successful or not, or if they would be able to survive and return to their routine life or not (Uğraş, Yıldırım, Yüksel, Öztürkçü, Kuzdere, & Öztekin, 2018). Thinking about all of this, their heart rate gets affected, as well as increasing the blood pressure and impacting all the others vital. This can also cause complications in the surgical process. So, it is very important for the health care system to provide the patients with interventions like music therapy, in order to make them feel relaxed and hopeful as well. Music has the power of relaxing the nerves of the patients, as well as normalizing their vitals and stabilizing the blood pressure, which can prove beneficial for the surgery (Kipnis, Tabak, & Koton, 2016).

The health care agency can play its role in making the preoperative surgery experience more relaxed and calm for the patients, by making the arrangement for music therapy in the surgery waiting rooms. It has been proved through the evidence-based studies that music therapy plays a positive role on anxiety struck patients waiting for their surgeries (Wakim, Smith, & Guinn, 2010). Implementing the music therapies in the surgery waiting rooms would not only improve the health outcomes for the patients but also improve the statistics and performance of the health care system (Pittman, & Kridli, 2011).

The nursing practice can include music therapy in their practice to achieve better outcomes of patient health. They can make the patient listen to the music of their choice within one hour before the surgery, which would leave positive impacts on the vitals of the patients, which would be greatly beneficial for the surgical process (Bradt, Dileo, & Shim, 2013).

The purpose of this paper was to identify the role of music therapy on preoperative anxiety. The evidence-based practice highlighted the fact that the therapy helps to calm down the vitals and nerves of the patients, making them fully prepared for the surgery, as well as rendering better outcomes of recovery. The healthcare system and the nursing practice can make it a permanent part of the healthcare system, in order to ensure the betterment of the patients and make the surgical process less stressful and painful for them.

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